

## **GOAL SETTING**

**by Lynette Sampson**

Imagine you're playing basketball or netball. Your team mate passes the ball to you; you're heading for the goal; you aim and you shoot. But wait . . . there's no basket or net. Did you score? Well if there was a basket or net and the ball went in you would have, other wise you would not have scored. The net is your target. It is the standard by which you judge your success as a team. You have to get the ball into the net or prevent the other team from getting the ball in the net.

So when there is no net, there's no way of knowing if you have hit your target is there? That's how life is. You have to know what you are trying to accomplish. Otherwise, how would you know if you are successful if you don't have a target that will tell you what success is?

There is no one thing that defines success. Success is not just doing good on tests and winning competitions. As a matter of fact success has as many faces, as there are people. What is important to one person may not be the same as what is important to another. So what is important to you? What do you want to achieve?

When do you want to achieve it?

You may decide that making it onto the school football team is important, however, deciding when you get on, will tell you how hard you need to work. Do you want to make the team by the end of next term, the end of the school year, some time before you graduate (and that may mean just the term before you graduate)?

This process of deciding and defining what is important to you and giving it a time frame to succeed at it is called goal-setting. It is never too early in life to set goals for yourself, and these do not have to be grand plans. A goal could be as simple as passing a particular subject by the end of the term, or helping a little sister with homework at least three times a week.

Going back to our basketball and netball analogy, what is your net? How will you know when you are successful? How close are you to scoring your goal?

Just as in sport, so too in life, there will be an opposing team. As you dribble towards your goal, opponents in the form of peers, low self-confidence, shortages of time, money and other resources will try to prevent you from scoring.

Nonetheless, because an opponent gets in your way, on the football field, do you just surrender the ball? Of course not, you and your team use every available (and legal) technique possible to get it back for your team. Similarly in life you can't just surrender to the obstacles that come in your way – you have to use every available technique. Life is a team effort too. On your team are friends, family and agencies to give support and most importantly, the Creator.

*“If you aim for nothing you will surely hit your target.”*

*“When you don't know where you are going, any road will take you there”*